



Nutrition 2110-501: Human Nutrition

Spring 2021

Course Description

This course provides an overview of nutrients. This includes nutrient requirements, digestion, absorption, transport, functions in the body and food sources. Dietary guidelines intended to promote long-term health are emphasized.

Course Information

Course Number/Title: Nutrition 2110-501/Human Nutrition

Number of Credit Hours: 3

Term/Year/Length: Spring/2021/16

Course Prerequisites: General Chemistry 111L or 121L or General Biology 123 or 201

Student Learning Outcomes

At the completion of the course, student will be able to:

- Understand the function and interaction of nutrients necessary for human metabolism and health.
- Describe the digestion and absorption of nutrients as they travel through the Digestive System and understand how the nutrients are used in the human body.
- Identify the dietary risk factors related to an inadequate intake of nutrients and apply this knowledge to the planning and selection of a healthy daily diet.
- Explain the factors that influence different nutritional requirements during infancy, childhood, adolescence, adulthood and later years.
- Apply nutrition knowledge to evaluate consumer concerns related to diet and health, food labeling and weight loss diets.

Professor Information

Professor: Jennifer Pippin, MSRDLD

Virtual Office Hours: By appointment

Virtual Contact Methods:
jhppin@unm.edu

Office Hours: Thursday 6:00-7:00pm MT or
by appointment.

These are held virtually utilizing Zoom.



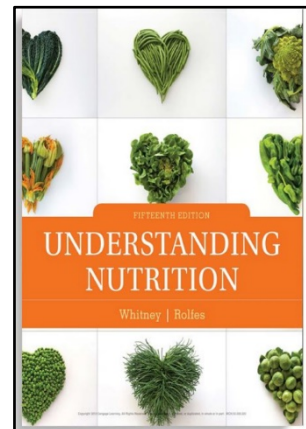
Instructor Response

You can anticipate responses to inquiry and questions within 24-48 hours or receipt.

Instructional Materials and Equipment

Required Textbook: Understanding Nutrition by Whitney and Rolfes, 15th Edition. You must have access to MindTap Nutrition.

MindTap: MindTap assignments will be available on Monday of each week at Cengage. Please visit the following link to register for MindTap and enroll in our section:



UNM Learn: Course syllabus, announcements, and Diet Analysis assignments will be posted on UNM Learn. <http://learn.unm.edu>

Course Requirements

Attendance: Students enrolled for credit or audit are expected to complete all online activities by the due date.

Students must keep in mind, however that it is ultimately their responsibility to withdraw from the course.

Last day to DROP without “W” grade and with 100% tuition refund on LoboWeb

February 5, 2021 by 5:00 p.m

Last day to DROP without Dean’s Permission on LoboWeb

April 16, 2021 by 5:00 p.m.

Grading: Grading will be based on:

- **Course Agreement**
 - The mandatory course agreement will ensure that you have a general understanding of the requirements for completion of the course.
- **Discussion Questions**
 - Found in Blackboard Learn, your score consists of 1 initial discussion post and 2 responses to your classmate’s posts.
- **MindTap Assignments:**
 - The “Case Study”, “Pop-up Tutor” and “Debunk the Junk” assignments can be found in MindTap. These assignments are designed to apply your newfound knowledge in real world examples.
- **Chapter Reading Quizzes:**
 - These are referred to as “Post-Test” on the MindTap website. You are allowed to take each quiz twice. The higher grade is recorded. All quizzes are due on Sunday by 1159pm. Quizzes will be available for the entire week.
- **Diet Analysis Assignments**
 - There are 4 Diet Analysis Assignments over the course of the term. You will log your food and fluid intake for 3 days in MindTap’s Diet and Wellness Plus. Then answer assignment questions in Blackboard. You will need to submit your Mindtap reports with Diet Analysis I as noted in the assignment details. **Tip: Mindtap offers a mobile app for Diet and Wellness Plus!
- **Exams:**
 - The Midterm exam will cover Chapters 1-9 and the Final exam will cover Chapters 10-18. They will both be taken through MindTap. These are 50 question exams. You are given 2 attempts and the higher score is recorded.
- **Blackboard Learn Jumpstart**
 - This tutorial is not a requirement. However, it does offer an extra 10 points! This is a tutorial for navigating Blackboard Learn.

All assignments open on Monday at 12:01am and close at 1159pm on Sunday.

Late policy: Late assignments will only be accepted within 1 week after the due date. You will need to contact me via email, providing further explanation as to why the assignment/quiz is being submitted after the due date. There will be a 50% reduction in grade. I will not accept assignments after the first late week.

Drop policy: If a student misses 3 assignments or quizzes, he or she may be dropped from the course.

Academic Integrity:

Having academic integrity is paramount to your success in any class. Plagiarism or cheating is not tolerated. Any instance of this will result in a grade of 0 for that assignment.

UNM Academic Dishonesty Policy:

<https://policy.unm.edu/regents-policies/section-4/4-8.html>. The policy states: Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, up to and including dismissal, against any student who is found guilty of academic dishonesty or who otherwise fails to meet the expected standards. Any student judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course.

Academic Dishonesty:

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

The following are some forms of cheating:

- Copying a fellow student's work or copying a previous student's work.
- Notes written on body parts, clothing, cheat sheets, etc... at the time of a test.
- Any form of communication with your classmates during a test.
- Talking to anyone but the instructor or proctor during a quiz or examination.
- Communicating via cell phones with other people during a test.
- Notes or books open during in-class exams and quizzes.
- Disclosing or soliciting examination questions to those who may have been absent from an exam.
- Plagiarism (copying entirely or whole phrases from books or websites).
- Any two students handing in assignments with word-for-word responses.

Tips for success

Office hours: Each week we will have office hours Thursday 6:00-7:00 pm MT. You may access the office hours through Zoom within the course.

Please feel free to reach out to me anytime! I will be happy to set-up an appointment with you via email, phone, Skype, Zoom. I want to see you succeed in the course and I welcome the opportunity to clarify any concepts that may be causing you difficulty.

Email: You can expect a response to emails within 24-48 hours. Please include your first and last name, course and section. I request that you use standard English in communication; do not use IM or TXT spelling.

Tutoring: Tutoring has now been moved online! All in person services have been moved online and tutors are ready to serve you through Zoom. Below are the Spring 2021 Tutoring Hours.

Spring 2021 Online Tutoring Hours

The Learning Center and STEM-H Center

Monday - Thursday: 8am - 5pm
Friday: 9am - 11am & 12pm - 3pm

**** Late Night and Weekend Tutoring available upon request ****

The Writing Center

Monday: 1pm - 2pm & 6pm - 8pm
Tuesday - Thursday: 12pm - 2pm & 6pm - 8pm
Friday: 2pm - 3pm
Sunday: 2pm - 5pm

**** If these times do not suit your schedule, additional times can be arranged in the afternoons Mondays, Tuesdays, Thursdays, and Saturdays. ****

Weekly Workshops: email gilikin@unm.edu for Zoom link

Creative Writing Monday: 12pm - 1pm.

Language Conversation Group Monday: 3pm - 4pm

You will need to complete the following form to request a tutoring appointment:

<https://esurvey.unm.edu/opinio/s?s=131505>

Accommodations

If you have a documented disability, the Equal Access Services office will provide me with a letter outlining your accommodations. I will then discuss the accommodations with you to determine the best learning environment. If you feel that you need accommodations, but have not documented your disability, please contact Jeanne Lujan, the coordinator for Equal Access Services at 925-8910 or jmlujan@unm.edu.

Grading Criteria

Assignment	Points per Assignment	Total points
Blackboard Learn Jumpstart (1)	10	10
Course Agreement (1)	15	15
Discussion posts (6)	25	150
Case Studies (MT) (13)	15	195
Pop-up Tutor (MT) (10)	15	150
Debunk the Junk (MT) (7)	varies	130
Reading Post tests (MT) (16)	15	240
Diet Analysis Assignment (MT and Learn) (4)	50	200
Midterm Exam(MT)(1)	50	50
Final Exam (MT)(1)	50	50
		1190

**MT=Cengage/Mindtap

Grading Scale

Final grades will be based on the sum of all possible course points as noted above. The student's total points will be divided by the total possible points and the grade earned will be based on the following percentages.

90-100	A
80-89	B
70-79	C
60-69	D
<60	F

Course Outline

Module	Date	Chapter/Topic	Assignments & Activities	Points Possible	Due Date	✓
1	Week 1 1/18-1/24	Chapter 1: An Overview of Nutrition	Course Agreement	15	1/24	
			Welcome Discussion 1	25	1/24	
			Case Study: Reducing Disease Risk (MT)	15	1/24	
			Chapter 1 Reading Post Test (MT)	15	1/24	70
2	Week 2 1/25-1/31	Chapter 2: Planning a Healthy Diet	Pop-up Tutor: Reading a food label (MT)	15	1/31	
			Debunk the Junk:	10	1/31	

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			Food Labels			
			Case Study: Menu Choices at Restaurants	15	1/31	
			Chapter 2 Reading Post Test (MT)	15	1/31	55
3	Week 3 2/1-2/7	Chapter 3: Digestion, Absorption, &Transport	Diet Analysis I	50	2/7	
			Case Study: Managing GI discomfort (MT)	15	2/7	
			Pop-up Tutor: Overview of GI Tract (MT)	15	2/7	
			Chapter 3 Reading Post Test (MT)	15	2/7	95
4	Week 4 2/8-2/14	Chapter 4: Carbohydrates	Discussion 2	25	2/14	
			Pop-Up Tutor: Carbohydrates Overview (MT)	15	2/14	
			Chapter 4 Reading Post Test (MT)	15	2/14	55
5	Week 5 2/15-2/21	Chapter 5: Lipids	Pop-Up Tutor: Lipoproteins (MT)	15	2/21	
			Case Study: Heart Heathy Sandwiches	15	2/21	
			Chapter 5 Reading Post Test (MT)	15	2/21	45
6	Week 6 2/22-2/28	Chapter 6: Protein	Diet Analysis II	50	2/28	
			Pop-Up Tutor: Protein Overview (MT)	15	2/28	
			Chapter 6 Reading Post Test (MT)	15	2/28	80
7	Week 7 3/1-3/7	Chapter 7: Energy Metabolism	Case Study: Excessive Alcohol Use (MT)	15	3/7	
			Debunk the Junk: Intermittent Fasting for Weight Loss? (MT)	20	3/7	
			Pop-Up Tutor: Metabolism Part 1	15	3/7	
			Chapter 7 Reading Post Test (MT)	15	3/7	65
8		Chapter 8: Energy Balance & Body Composition	Case Study: Improving Body Composition (MT)	15	3/7	
			Discussion 3	25	3/7	
			Chapter 8 Reading Post Test (MT)	15	3/7	55
Spring Break 3/14-3/21						

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9	Week 8 3/8-3/14	Chapter 9: Weight Management	Case Study: Lifestyle Changes for Weight Loss (MT)	15	3/14	
			Debunk the Junk: Fad Diets 1. Popular Diets 2. What makes a Fad Diet?	40	3/14	
			Mid Term Exam Chapters 1-9 (MT)	50	3/14	105
10	Week 9 3/22-3/28	Chapter 10: Water Soluble Vitamins	Discussion 4	25	3/28	
			Case Study : Fatigue with a Vitamin Poor Diet (MT)	15	3/28	
			Chapter 10 Reading Post Test (MT)	15	3/28	55
11	Week 10 3/29-4/4	Chapter 11: Fat Soluble Vitamins	Case Study: Low Serum Vitamin D (MT)	15	4/4	
			Pop Up Tutor: Vitamin A (MT)	15	4/4	
			Chapter 11 Reading Post Test (MT)	15	4/4	45
12	Week 11 4/5-4/11	Chapter 12: Water & Major Minerals	Diet Analysis III	50	4/11	
			Pop Up Tutor: Calcium (MT)	15	4/11	
			Chapter 12 Reading Post Test (MT)	15	4/11	80
13	Week 12 4/12-4/18	Chapter 13: Trace Minerals	Case Study: Trace Mineral Deficiencies(MT)	15	4/18	
			Pop Up Tutor: Iron (MT)	15	4/18	
			Chapter 13 Reading Post Test (MT)	15	4/18	45
14	Week 13 4/19-4/25	Chapter 14: Fitness	Discussion 5	25	4/25	
			Case Study: Energy Gel Evaluation (MT)	15	4/25	
			Debunk the Junk: Ripped Physique or Ripped Off? (MT)	20	4/25	
			Chapter 14 Reading Post Test (MT)	15	4/25	75
15 &16	Week 14 4/26-5/2	Chapter 15 & 16: Life Cycle Nutrition	Case Study: Weight Status and Pregnancy (MT)	15	5/2	
			Discussion 6	25	5/2	
			Chapter 15 Reading Post Test (MT)	15	5/2	

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			Chapter 16 Reading Post Test (MT)	15	5/2	70
17	Week 15 5/3-5/9	Chapter 17: Life Cycle Nutrition Adulthood	Pop-Up Tutor: Nutrition and the Aging Population (MT)	15	5/9	
			Chapter 17 Reading Post Test (MT)	15	5/9	
			Diet Analysis IV	50	5/9	80
18	Week 16 5/10-5/15	Chapter 18: Diet and Health	Case Study: Diets for Disease Prevention	15	5/15	
			Debunk the Junk: Ads for Immunity Boosting Supplements- 1. Immune Supplements 2. Advice for a Cold	40	5/15	
			Final Exam Chapters 10-18 (MT)	50	5/15	105
	Total Points					1180

Note: The course ends on Saturday, May 15 @ 1159pm MT